



## Mealtime can be a real picnic.

*Don't eat in front of the television. Instead, sit down together and eat as a family — in the dining room, in your yard, or even at a nearby park.*

# September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <small>Labor Day</small>	2	3	4	5	6
7 <small>Grandparent's Day</small>	8	9	10	11	12	13
14	15	16 <i>Example: Dad, Joe, and Amy all played touch football at the school.</i>	17	18	19	20
21	22 <small>First day of Autumn</small>	23	24	25	26 <small>Native American Day</small>	27
28	29	30				

## Achievement Ideas

- Veggie of the month — Garlic.** Try garlic on a veggie pizza or roast it and eat with whole-grain bread.
- At least three times a week, add standing lunges to your sit-ups, leg lifts, and jumping jacks during TV commercials.
- Go exploring with your family and take a backpack with healthy snacks.
- What's your idea?**

Total number of achievements this month: \_\_\_\_\_



## Meal Tips

### Breakfast

Dip cut-up apples in peanut butter.

### Lunch

Heat up a bowl of vegetable soup.

### Dinner

Oven fry your chicken by lightly spraying cookware with vegetable-oil cooking spray.

### Simple Snack

Fruity Freezers — Freeze grapes, cherries, or other fruits for a cool late summer treat. Use them as ice cubes in water or juice.



## Activities

- Touch football
- Trap and skeet
- Play catch
- Hunting
- Bicycling
- Walking

## Fun Fact

The nutrients found in fruits, vegetables, and nuts may help slow the aging process, reduce the risk of many diseases, stimulate the immune system, and regulate metabolism.

### Did you know it's...

- Fruit and Vegetable Month
- Healthy Aging Month
- National Cholesterol Education Month
- National Women's Health & Fitness Day — September 24
- Family Health & Fitness Day USA — September 27



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